

SARAH D. LOWRIE'S SATURDAY EVENING TALK

How to Use Prayer as a Means of Gaining Peace and Hope and Quiet

A WOMAN described to me a condition that she had had with a great many years ago...

Just before getting into bed at night stand quietly with closed eyes and imagine that you are before an open fire...

First, throw away all your fears about what you have done.

Second, throw away all your dislikes and hates of persons.

Third, throw away the thoughts of your unpaid debts.

Fourth, throw away the remembrance of your plans for the future.

And then as you see into bed and put out the light repeat the "Littles" prayer...

"O Lord, my heart is not haughty nor mine eyes lofty.

Neither do I exercise myself in great or in things too wonderful for me.

Surely I have stilled and quieted my soul like a child with his mother.

My soul is within me like a weaned child.

My hope is in Thee from this time forth and for evermore."

My friend said that when she read the thing she just laughed at the doctor and said to her...

He nodded and said: "And why not?"

She explained that she had not set prayers at night for years, not because she did not believe in prayers...

When she told me of the occurrence she was still disquieted with his reply, but she had tried his prescription and was more than inclined to think there was something in it.

And, indeed, if it is true that you are apt to wake up with the thought with which you went to sleep...

It is that you must wake with a certain hour to make a train of thought want a thing that is being withheld from you...

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This law of nature out long before this and given the discovery to mankind in the form of a religious custom?

AND that is not the only discovery about prayer which has come down through the ages as the accumulated experience of man.

IN moments of danger prayer has a tendency to keep the mind cool and steady.

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These are such perfectly well-known facts that most parents, whether they are keenly religious persons by conviction, or just lax conventional persons by habit...

But a great many men and women who are very strict with themselves about clean habits and about good table manners...

It is possible to speak to God and to be heard, and for God to speak to us and be understood...

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"The Marriage Gambler"

By HAZEL DEVO BACHELOR Copyright, 1921, by Public Ledger Company

Carol Rathbourn refuses Nick Tracy's love because she does not love him. Nick tries to see her in order to convince her that their friendship need not be broken off...

CHAPTER V Daisy Casleton

WHEN a man is unhappy about a woman he does one of two things. He is either strong enough to take up his life and go on with it as if nothing had happened...

Nick's whole life had been bound up in Carol. He had planned the future around her, and the thought of not seeing her was a bitter one...

Until the evening of the day Nick had had to work with her mother and father, but shared an apartment with two other girls in the same room.

It wasn't that she was ashamed of her humble upbringing. She still went religiously to see the old folks, and she rather liked eating German coffee cake and drinking willamette coffee in the dark living room behind the store.

She enjoyed, too, wearing her conspicuous clothes into the neighborhood where she had been a friend and brought up. She liked the bold stares of the people who came into the bakery, and she cultivated what she considered a haughty and aloof manner.

She was very pink and white and blonde and dimpled. She was short and plump and had a very good figure. Some day she would be fat like her mother, but at the present time she forced herself to keep to a rather vigorous form of diet.

It was fatal to a chorus girl to put on weight, and it was only when she went to visit her family that she allowed herself the luxury of the fresh, doughy coffee cake which she adored.

By MRS. M. A. WILSON Copyright, 1921, by M. A. Wilson. All rights reserved.

TODAY, the last day of the declining year, should really be stock-taking day for the family. Plan new and better methods for your work for the coming year.

The housewife should firmly resolve that all needless cooking utensils should be put away in the closet.

Do not discard immediately all cracked dishes, no matter how valuable they may be. If you will make this test you can easily see the need of doing so.

Do not let frozen fat be cracked up and allow fat to cool, then remove fat and wash up in dish water, now fill with hot water, notice the grease floating on surface of oil, let the water cool, then pour it off.

Do not use the oven more during the coming year; this can be done by using a certain number of baking dishes or casseroles in oven and then keeping them for this purpose.

All vegetable, meat dishes and puddings may be prepared at the same time.

Loaves, the housewife of this big and glorious country, realize that you will make more home-made bread, biscuits, pie and cakes.

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WHEN THE NEW YEAR COMES IN



Excellent New Year's Resolutions For Cooking Suggested by Mrs. Wilson

Make Resolves Not to Use Cracked Dishes, and to Give Family Good Home-Cooking With More Foods Prepared in Oven

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Please Tell Me What to Do

By CYNTHIA

The Girls Don't Like Them Dear Cynthia—We are two young girls, one eighteen and the other nineteen. We are beautiful and admired by the opposite sex...

STARRY EYES AND RUBY LIPS. Cynthia thinks perhaps it is because you both love yourselves a bit too much. How about it?

How Take It Back Dear Cynthia—There is a certain girl I have known by sight but to whom I had never been introduced...

Do not mind having a small home and no money. Welcome your friends there and make the best of it.

Things You'll Love to Make Apronette House-Dress



Through a Woman's Eyes

By JEAN NEWTON

Another Chance!

A second chance! What magic to the night, the faint moon and all those who are dissatisfied with themselves...

From the naughty little boy at school to the criminal at the bar of justice, the one plea is for "another chance."

It is all of that and more—but it is not something that must or can be given us.

Another chance is in no one's bounty, but is waiting for any one of us simply to take it ourselves.

Another chance is dependent upon nothing but your state of mind.

True, it needs some impetus, some dividing line. And for centuries that mental need has been supplied by the coming of the New Year.

The New Year turns a page. The chimes that ring out the old year can ring out old regrets, and if we only want them to, even old memories.

The new page, blank but for its new promise, vibrates with another chance. It is there for any of us, that new chance. It is in ourselves, and the coming of the New Year is all we need to give it life.

There is not one of us who cannot use it as an "Open Sesame" to what we "could" or "ought" have done.

There is no faded flower of love, sure.

Again we wish you a glorious, happy, happy New Year. A year of real happiness with many to follow, growing better each coming year.

With good will toward all, equity to none, the EVERETT, PERCIE, LEONARD and MARY WILSON say: God bless you. Good-night—many happy, happy New Years to you.

Set Resolutions Won't Make Next Year Better Than Last Year

It Takes a Year's Persevering Work to Do That, but, Fortunately, We Can Separate the Good Years From the Bad

THE beginning of another year to be added to our lives! Did you ever think what a blessing it is, this system of dividing time into years?

If one year is unhappy or unsuccessful you can approach the coming year with hope that it will be better.

If there is something you are ashamed of in one year, you can look forward to this New Year's Eve as a sort of wiping off of the slate.

Of course, the remembrance is there, and as you look back over your life, neatly checked up and filed away in years, you will never be able to overlook that act.

But at least you are given a chance to make it good, to pay up for it and cover it up with something fine and worth while.

YOU have your life in small plots, any wise gardener lays out his garden.

"My roses didn't do very well this season," this gardener may say. "But I had some beautiful Oriental poppies, and my chrysanthemums were better than ever."

If he had his whole garden space laid out in one large flower bed, it would be a complete failure on account of the few roses that drooped and wilted so prominently in the midst of it.

And so with you and your life. Having it separated into small plots or years you can think on this thirtieth of December—"Well, 1920 was pretty good, but 1921 will be awful. Maybe it's the even years that are lucky for me. I hope this 1922 will turn out right."

It's all because our minds and habits cannot grasp so many new ideas all at one time.

A whole year's worth of good cannot be done all on the 1st of January; it has to be worked itself out gradually.

But because we expect it to happen all at once, because we think that making resolutions is literally turning over a new leaf and having a brand-new life spreading out before us, we fall by the wayside.

It can't be done.

THE best way to make next year better than last year is to keep in mind the weakness and faults that made the trouble before and try to overcome them.

For it is only by gradual, persistent and slow but steady working on hard things that we can ever make 1922 a garden plot that can be set apart as something good and fine to be proud of.

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Paul and Virginia

By HELENA HOYT GRANT

As Old as the Hills

CROSSED sticks twinkled warmly in the tiny fireplace.

Paul wrinkled his forehead luxuriously in his lounge slippers and was conscious of the immensity of his well-being.

Virginia sighed and snuggled closer in his arms.

"Huh?"

"Why did you come home so quickly from New York, Paul?"

Paul pulled reflectively on his pipe.

"I've been thinking about that myself all day, dear," he said seriously. "The boss seemed well pleased with what I accomplished, but he didn't seem to be much impressed when I spoke about how fast and businesslike the firm are in the line of work."

He stroked her hair and his eyes were half closed.

"I got to thinking it over, honey, and I guess that New York is a disease."

"Paul," she exclaimed impatiently. "That sounds so snug. And I know I'd love to go to New York at least once a year to see things over."

"Yes, we all feel that way in this town, I guess. We'll just go to see things over. But somehow one feels so terribly out of it. Bill Tracy, down at the office, lived in New York for fifteen years, he says."

"That doesn't signify anything, honey," said Virginia, doubtfully.

"New York is a show—a sort of circus," Paul chuckled. "I know that when the circus comes to this town we all go, giving some old excuse or other, and we are blinded and entranced, maybe, by all the the pomp and paucity

Monday—The Other Woman

Adventures With a Purse

THERE is a face cream which comes in a tin that should be very soothing and delightful in its effect.

It should be very soothing and delightful in its effect. It is compounded largely of lemon, which has bleaching and whitening properties that are very beneficial for the skin.

Teach the small child personal cleanliness of his body, hands and teeth, and to like and enjoy those foods that will help him grow to perfect manhood.

Changing climate and modern methods of business must surely mean that we must adapt ourselves to similar changes in diet, we will reap dividends in illness and disease.

Plan the diet to suit modern business.

YESTERDAY'S INQUIRIES

1. Mr. Thomas G. Winter, who is a member of the Advisory Board of the Disarmament Conference, is also president general of the Federation of Women's Clubs.

2. The habit of looking in a mirror which is a rectangular slab has a square square clock face and hands at the top, giving it two important uses.

3. When using a decorated candy tray on the cover, it is a new look by pasting a fabric dress over the one on the painted lady on the cover.

4. The first postage stamp was made in 1539 by James Chalmers, a printer of Dundee.

5. In making a rosette out of silk hold the loops together with sealing wax instead of glue or stitches.

6. The newest walking skirts are made to appear narrow, although they are wide, by means of a large plait folded over in front.

HOW TO KISS Don't dip the correct formula for the kiss—by Charles W. Dukas—Maxine Section of Sat. Evening Public Ledger—Adv.

WHAT'S WHAT

By HELEN DECIE

Blouses or "nettleboles" of jersey silk are mighty nice to have, but for the extreme cold those made of a heavier material are infinitely more desirable.

For names of above address, Woman's Page Editor, or phone Walnut 4200, or Main 1601 between the hours of 9 and 5.

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The Woman's Exchange

Two Splendid Offers

To the Editor of Woman's Page. Dear Madam—I have a top black and tan turtleneck sweater for sale. It is one and a half years old, weighs about ten pounds, is about fourteen inches from the neck to the shoulder.

To the Editor of Woman's Page. Dear Madam—I have five little puppets and would like to find them good homes, and if Mrs. A. P. would like to have one she may call any time.

MRS. E. V